



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09310, Rhubarb, frozen, cooked, with sugar

Report Date: July 01, 2017 01:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	67.79	3	1.207	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	116	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Energy	kJ	485	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Protein	g	0.39	3	0.033	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.05	3	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.56	3	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	31.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	2.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total	g	28.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Minerals													
Calcium, Ca	mg	145	3	5.033	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.21	3	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	12	3	0.484	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	8	3	0.733	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	96	3	3.528	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	3	0.333	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.08	3	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.027	3	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.073	3	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	3.3	3	0.203	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.018	3	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.023	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.050	3	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.020	3	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	5	3	1.097	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	3	1.097	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total	mg	4.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	44	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin A, IU	IU	73	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lutein + zeaxanthin	µg	123	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	21.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Lipids													
Fatty acids, total saturated	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003